

**JESSIE  
PAEGE**

's

*twitter archive*

#1

*mental illness  
isn't trendy*



Jessie Paege @jessiep... 6411 ✓

mental illness isn't trendy. self love should be trendy. treating others with kindness should be trendy. respecting the triggers of those that suffer with mental illness should be trendy. putting a mental illness on a t-shirt to be relatable ain't right.

90

309

10,7





Jessie Paege @jessie\_ · 14 min ✓

In honor of #WorldMentalHealthDay

- mental health awareness is essential EVERY DAY. for all.
- don't let mental illness define you
- mental illness is not a look.
- we need to stop letting television writers glorify mental illness.
- kindness and love today.  
everyday.

💬 23    ↗ 380    ❤ 775    🔗



Jessie Paege @jessie.. • 14 ✓

if you don't text someone back right away, it doesn't mean you don't appreciate them. we constantly have access to communication and for socially anxious people, that can be especially difficult to manage.

💬 42

👍 7380

❤ 190





Jessie Paege @jessie... 04 abr. ✓

to those with social anxiety that

-struggle to talk on the phone, but  
do their best

-hate crowds, yet challenge themselves  
to go to concerts every now and then

-get fearful before introducing  
themselves, but try their best to  
exude confidence

I'm incredibly proud of you

💬 425    ↗ 617    ❤ 21,6    🥰



Jessie Paege @jessiep. · 17min ✓

Don't tell people with anxiety to

- "just stop worrying"
- "take a chill pill"
- "you're being annoying"
- "stop seeking attention"

this treatment is both unfair and unkind. you deserve better treatment.

💬 57

↕ 542

♥ 1662





Jessie Paege @jess... · 20h · v

social anxiety isn't cured by  
just "talking to someone"

anxiety isn't cured by "just stop  
being anxious"

eating disorders aren't cured by  
"just change your eating habits"

these are MENTAL illnesses  
that go beyond the surface. Your  
struggles should not be  
invalidated. Love ♥

💬 298 ↻ 764 ♥ 23.8 🔗



Jessie Paege @jessie... - 10 cent ✓

being mean is never attractive

💬 108    ↗ 221    ❤ 10,4    🔗





Jessie Paege @jessie... - 10 min ✓

It's #World Suicide Prevention Day and here are some reminders

1. Sometimes you need to tell someone your friend needs help, even if your friend tells you not to. It's because you care.
2. Be respectful of triggers. Know your triggers and respect those of others.
3. Send love ♥

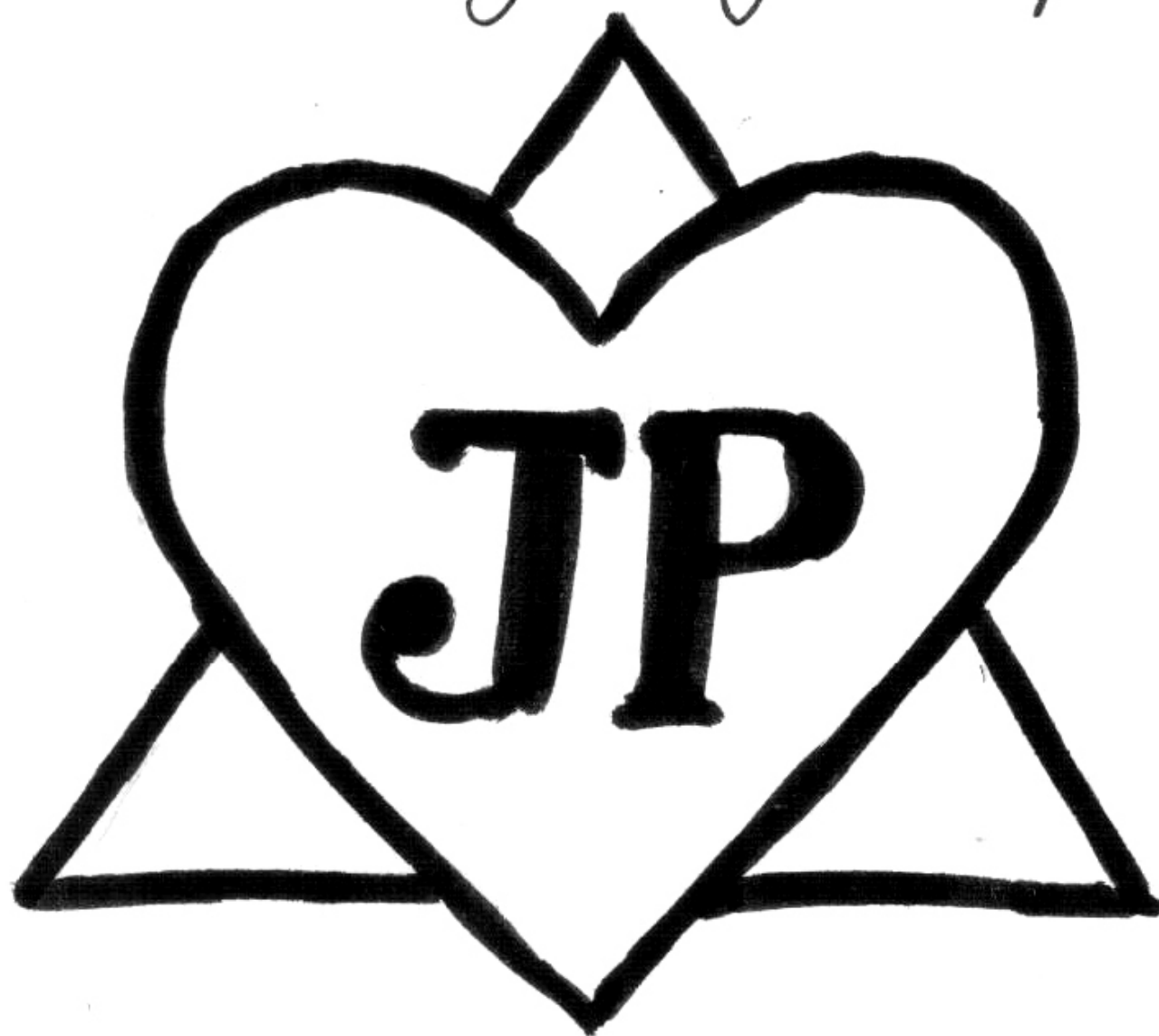
👤 99

👆 327

♥ 853



tweets by @jessiepage



👉 @nerdy cup of tea